

Iporuru(Alchornea)

Common Names: Macochihua, niando or iporoni.

Location: This herb is located in Africa and the Amazon.

Description: The bark of the iporuru is used medicinally.

Properties: Iporuru can be used to alleviate pain and inflammation and help strengthen muscles and joints.

Uses: Use this herb to treat gout, infertility and impotence.

Doses: Iporuru can be found as a tincture.

Warnings: Limit the amount of this herb you take because overdoses can occur.